

NAVAJO COUNTY

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NEWS RELEASE

Navajo County Health and Wellness Committee to P.U.S.H. Employee Wellness

Navajo County People United Supporting Health (P.U.S.H.) Health and Wellness team opens Nizhoni Walking Path and Employee Gym

HOLBROOK, AZ – (February 10, 2015) The New Year starts with a healthier year and County employees are taking part in the health and wellness initiative. One opportunity is to exercise is on the Nizhoni Community Walking Path! Melissa Buckley, Clerk of the Board, presented to the Board of Supervisors on February 10, 2015. The presentation of the partnership and collaboration among those who have made the path a success. The partners filled the Board room and were acknowledged for their efforts by the Board of Supervisors for their extraordinary leadership and hard work.

The NEW Central County Employee Gym is now open to County Employees and their families! Kim Eavenson Navajo County Human Services Director spoke to the Board expressing appreciation to Brett Starns, Facilities Management Director, and staff for the long hours and dedication to complete the construction and putting up exercise equipment. County employees and their families have free 24/7 full access to the gym. Family members must pay a one-time badge fee. The gym offers equipment from elliptical to treadmills and free weights to get your physical on ... to a better, healthier and happier County employee!!



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